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*The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Centers for Disease Control and Prevention and administered by the New York State Department of Health. The BRFSS is designed to provide information on behaviors, risk factors, and utilization of preventive services related to the leading causes of chronic and infectious diseases, disability, injury, and death among the noninstitutionalized, civilian population aged 18 years and older.*

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## Diabetes

### New York State Adults 2006

#### Introduction

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Diabetes is a chronic disease defined by higher than normal blood glucose (sugar) levels.

There are two major types of diabetes. Type 1 diabetes, an autoimmune disease, most often appears during childhood and adolescence. Type 2 diabetes, which is linked to obesity and physical inactivity, usually develops in adults over the age of 40 years, but it is now being diagnosed in younger adults and adolescents. Type 2 diabetes accounts for 90% to 95% of all diabetes cases.<sup>1</sup> In the last two decades, the number of people in the United States with diagnosed diabetes has more than doubled, with higher prevalence in racial and ethnic minority populations.<sup>2</sup> Diabetes is currently the 6<sup>th</sup> leading cause of death in the United States.<sup>3</sup> Diabetes is an important risk factor for other diseases and disabilities, including heart disease, stroke, blindness, kidney failure, lower-extremity amputations, and complications in infections and pregnancy.

#### BRFSS Questions

*1. Have you ever been told by a doctor that you have diabetes?*

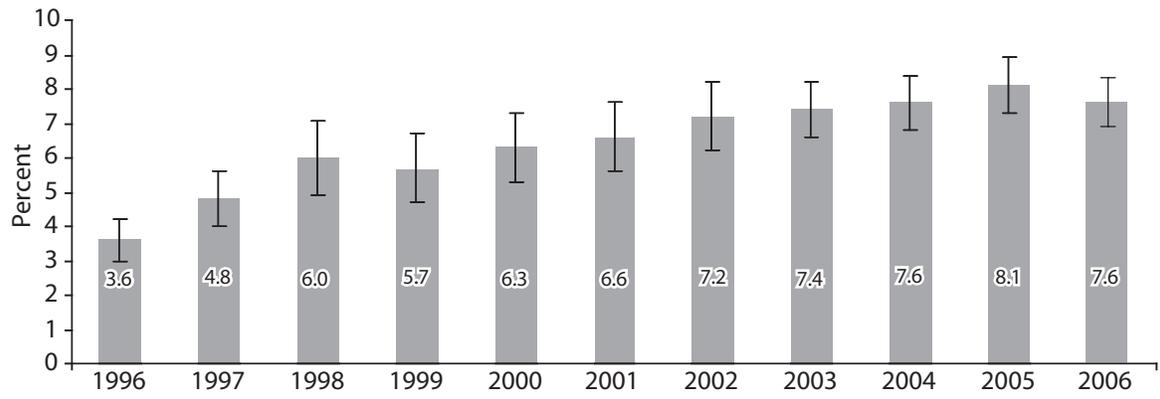
**[If “yes” and respondent is female, ask:]**

*2. Was this only when you were pregnant?*

Gestational (pregnancy-related) diabetes, prediabetes, and borderline diabetes were not counted as diabetes cases in the calculation of prevalence estimates.

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**Diabetes\* among New York State adults, by BRFSS survey year**



\* Does not include reported gestational diabetes, prediabetes, or borderline diabetes.

Note: Error bars represent 95% confidence intervals.

**Diabetes<sup>a</sup> among New York State adults: 2006 BRFSS**

	<b>%<sup>b</sup></b>	<b>95% CI<sup>b</sup></b>
<b>New York State (NYS) [n=7,417]</b>	7.6	6.9-8.4
<b>Sex</b>		
Male	8.5	7.3-9.7
Female	6.8	6.0-7.7
<b>Age (years)</b>		
18-24	0.3	0.0-0.9
25-34	0.2	0.0-0.5
35-44	2.6	1.5-3.6
45-54	8.9	6.8-10.9
55-64	15.3	12.7-18.0
≥ 65	19.1	16.8-21.4
<b>Race/ethnicity</b>		
White non-Hispanic	7.4	6.6-8.1
Black non-Hispanic	12.0	9.0-15.1
Hispanic	5.1	3.2-6.9
Other non-Hispanic	8.2	5.1-11.2
<b>Annual household income</b>		
< \$15,000	12.2	9.1-15.3
\$15,000-\$24,999	11.2	8.9-13.5
\$25,000-\$34,999	9.6	7.0-12.2
\$35,000-\$49,999	8.4	6.0-10.8
\$50,000-\$74,999	5.7	4.0-7.3
≥ \$75,000	4.4	3.2-5.5
Missing <sup>c</sup>	6.9	5.0-8.7
<b>Educational attainment</b>		
Less than high school	12.6	9.6-15.7
High school or GED	9.3	7.8-10.8
Some post-high school	6.6	5.2-8.0
College graduate	5.4	4.4-6.5
<b>Disability<sup>d</sup></b>		
Yes	15.8	13.6-18.1
No	5.7	5.0-6.4
<b>Region</b>		
New York City (NYC)	7.5	6.0-8.9
NYS exclusive of NYC	7.7	6.8-8.6

<sup>a</sup> Does not include reported gestational diabetes, prediabetes, or borderline diabetes.

<sup>b</sup> % = weighted percentage; CI = confidence interval.

<sup>c</sup> "Missing" category included because more than 10% of the sample did not report income.

<sup>d</sup> All respondents who report activity limitations due to physical, mental, or emotional problems OR have health problems that require the use of special equipment.

## References

1. Centers for Disease Control and Prevention. *National Diabetes Fact Sheet: General Information and National Estimates of Diabetes in the United States, 2006*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2006.
2. Agency for Healthcare Research and Quality. *Fact Sheet: Diabetes Disparities Among Racial and Ethnic Minorities*. Rockville, MD: U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality, 2001.
3. Jemal A, Ward E, Hao Y, Thun M. Trends in the leading causes of death in the United States, 1970-2002. *JAMA*. 2005;294:1255-1259.

### Copies may be obtained by contacting:

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